

VARNYA DRAVYA IN BHAVPRAKASH NIGHANTU**¹*Dr. Kharat Ravindra and ²Dr. Thombare Chanchal**

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Article Received on
23 Sept. 2020,

Revised on 13 Oct. 2020,
Accepted on 03 Nov. 2020

DOI: 10.20959/wjpr202015-19214

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ABSTRACT

Ayurveda is Holistic science and it has well known traditional sacred values. It is ancient science which has aroma of its own values and remedies which treats chronic as well as acute illness due to this there is increase global popularity to *Ayurveda*. *Bhavprakash nighantu* is the connecting link between medieval period and modern era. *Dravya* related to improve *Varna* (Complexion) of Skin is known as *Varnya*. *Varna* means Colour 'Ya' suffix indicates "wholesomeness" related to corporeal notions. This study Concludes *Varnya* dravyas among *bhavprakash nighantu* which may help in day to day clinical practices.

KEYWORDS: *Varnya*, Complexion, *Prasadan*.**INTRODUCTION**

Ayurveda's primary motive is to cure disease and prevention from diseases or illness.^[1] In *Ayurveda*, *Vikara (Roga)* are described in two ways are as *Sharirik vikara* as well as *Mansik vikara*. *Ayurveda* is full of medicinal treasure, in which these medicine cure somatic (*sharirik*) *vikara* as well as psychiatric (*mansik*) *vikara*. *Bhavprakash Nighantu* is basic Indian materia medica which imparts the knowledge of medicinal plants, one from *Laghutrayi granthas*. *Aacharya Bhavprakash* mentioned *Varnya Dravyas* among *Nighantu*. *Varna* means Colour 'Ya' suffix indicates "wholesomeness" related to corporeal notions.^[2] The drug which provides improvement in skin complexion is known as "*Varnya*". Complexion is nothing but the natural colour, texture. The skin is of utmost importance when people judge someone else. Nowadays due to increase of advertising, people are more influenced about their outer appearance in every sector.

This creates a gap between the health of humankind and the ancient *Ayurvedic* literature to overcome this problem we have to screen the whole *Bhavprakasha Nighantu* for *Varnya dravyas*.

It is need of have to screen some *Varnya dravyas* for the Sake of getting rid of these diseases as well as healthy Skin, hence a literary review of *Bhavprakasha* and the recent researches are done in this study. By study the literature and world wide web we came to know that *Bhavprakasha* has mention *Varnya dravyas*. While the recent researches showed that the properties Mention by *Bhavprakasha* are up to mark by this we may concluded that the *Varnyadravyas* mentioned in *Bhavprakasha* can be useful for the treatment of human kind. The aim of this study to critically evaluate the *varnya* medicinal plant mentioned in *bhavprakasha nighantu* which helps in maintenance of the complexion of the skin.

AIM OF STUDY

- I. The aim of this study to critically evaluate the (*varnya dravyas*) medicinal plant mentioned in *bhavprakash nighantu*.
- II. To provide further scope of study.

MATERIALS AND METHODS

As this study is a critical review the material used in these study are as follows:

1. Ancient *Ayurveda samhitas*
2. *Bhavapraksh nighantu*
3. Modern texts of Pharmacology
4. World wide web, research articles and datatbases of different health sciences

METHODOLOGY

Critical literary Study of all the possible literature was assessed for *varnya* and complexion promoting herbs from different literatures of *ayurved* and modern medicine.

Review and observation from *Bhavaprakasha nighantu*^[3]

A through review of *bhavprakash nighantu* was done. All the *Varnya* (complexion promoting drugs) was studied for their *rasa*, *veerya*, indications, Important preparations and useful parts from the *Bhavaprakasha nighantu* are mentioned in the following table.

Table no 1

Sr.No.	Sanskrit Name of <i>Dravya</i>	Botanical Name	Parts used
1.	<i>Ashok</i>	<i>Saraca indica</i>	<i>Twak</i>
2.	<i>Audumbara</i>	<i>Ficus glomerata</i>	<i>Twak, Ksheer, Pakwaphala</i>
3.	<i>Aguru</i>	<i>Aquillaria agallocha</i>	<i>Kandasara, Taila</i>
4.	<i>Amrapakwaphala</i>	<i>Mangifera indica</i>	<i>Phala</i>
5.	<i>Dugdhyuktaamra</i>		
6.	<i>Balachatushtya</i>		
7.	<i>i. Bala</i>	<i>i. Sida cordifolia</i>	<i>Moola, Panchanga</i>
8.	<i>ii. Mahabala</i>	<i>ii. Sida rhombifolia</i>	<i>Moola, Panchanga</i>
9.	<i>iii. Atibala</i>	<i>iii. Abutilon indicum</i>	<i>Moola, Panchanga</i>
10.	<i>iv. Nagbala</i>	<i>iv. Grewia hirsute</i>	<i>Moola, Panchanga</i>
11.	<i>Chaturjata</i>		
12.	<i>Twak</i>	<i>cinnamomum zeylanica</i>	<i>Twak, Patra</i>
13.	<i>Ela</i>	<i>I. Amomum subulatum</i>	<i>Beeja</i>
14.		<i>II. Elettaria cardamomum</i>	<i>Beeja</i>
15.	<i>Tejpatra</i>	<i>Cinnamomum tamala</i>	<i>Patra</i>
16.	<i>Nagkeshar</i>	<i>Mesua ferrea</i>	<i>Pukeshar</i>
17.	<i>Chandana</i>	<i>Santalum album</i>	<i>Antasara</i>
18.	<i>Dhattura</i>	<i>Dhatura metal</i>	<i>Beeja, Patra</i>
19.	<i>Haridra</i>	<i>Curcuma longa</i>	<i>Bhaumik kanda</i>
20.	<i>Jatiphala(Jatipatri)</i>	<i>Myristica fragrans</i>	<i>Beeja, Kosha</i>
21.	<i>Jatamansi</i>	<i>Nardostachys jatamansi</i>	<i>Bhaumik kanda</i>
22.	<i>Kundururu</i>	<i>Boswellia carterii</i>	<i>Niryas</i>
23.	<i>Kumkuma</i>	<i>Crocus sativus</i>	<i>Stree Kesar</i>
24.	<i>Kamala</i>	<i>Nelumbo nucifera</i>	<i>Pushpa</i>
25.	<i>Kshirivruksha</i>	<i>i. Nyagrodha(Ficus bengalensis)</i> <i>ii. Udumbara(Ficus glomerata)</i> <i>iii. Ashwatha (Ficus religiosa)</i> <i>iv. Parisha (Thespesia populnea)</i> <i>v. Plaksha(Ficus infectoria)</i>	<i>Ksheera</i>
26.	<i>Khadira(Shweta)</i>	<i>Acacia suma</i>	<i>Twak, Khadirsara</i>
27.	<i>Laksha</i>	<i>Laccifera lacca</i>	
28.	<i>Manjishtha</i>	<i>Rubia Cordifolia</i>	<i>Moola</i>
29.	<i>Nakha</i>	<i>Helix aspera</i>	<i>Patra, Moola</i>
30.	<i>Parpati</i>	<i>Pogostemon patchouli</i>	<i>Panchanga</i>
31.	<i>Rasona</i>	<i>Allium sativum</i>	<i>Kanda, Taila</i>
32.	<i>Shankhapushpi</i>	<i>Convolvulus pluricaulis</i>	<i>Panchang</i>
33.	<i>Shatapatri</i>	<i>Rosa centifolia</i>	<i>Arka, Pushpadala</i>
34.	<i>Varahikanda</i>	<i>Dioscorea bulbifera</i>	<i>Kanda</i>
35.	<i>Vidarikanda</i>	<i>Pueraria tuberosa</i>	<i>Kanda</i>
36.	<i>Vruddhadarunaka</i>	<i>Argyreia speciosa</i>	<i>Moola</i>
37.	<i>Vijayasara</i>	<i>Pterocarpus marsupium</i>	<i>Kandasara, Niryas</i>
38.	<i>Yashtimadhu</i>	<i>Glycyrrhiza glabra Linn.</i>	<i>Bhaumik kanda</i>

Table no 2

Properties of the *varnya dravyas* according to *Bhavaprakasha*^[3]

Sr.No.	Name of <i>Dravya</i>	<i>Rasa</i>	<i>Vipak</i>	<i>Veerya</i>	Indications
1.	<i>Ashok</i>	<i>Tikta kashay</i>	<i>Katu</i>	<i>Sheet</i>	<i>Apachi, Daha, Krimi, Trusha, Raktavikar, Shosh, Varnya</i>
2.	<i>Audumbara</i>	<i>Madur Kashay</i>	<i>Katu</i>	<i>Sheet</i>	<i>Vranashodhan, Vranaropana, Varnya</i>
3.	<i>Aguru</i>	<i>Katu, Tikta</i>	<i>Katu</i>	<i>Ushna</i>	<i>Karnaroga, Akshiroga, twachya</i>
4.	<i>Amrapakwaphala</i>	<i>Madhur, Kashay</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Hrudya, Varnya, Shukravivardhan</i>
5.	<i>Dugdhyuktaamra</i>	<i>Madhur</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Vrushya, Varnakara</i>
6.	<i>Balachatushtya</i> i. <i>Bala</i> ii. <i>Mahabala</i> iii. <i>Atibala</i> iv. <i>Nagbala</i>	<i>Madhur</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Raktapitta, Raktavikar, Kantikarak, Balya</i>
7.	<i>Chaturjata</i>				
8.	<i>Twak</i>	<i>Madhur, tikta</i>	<i>Katu</i>	<i>Ushna</i>	<i>Shukrala, Balya,</i>
9.	<i>Ela</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kandu, Shwas, Trisha, Hrillas, Visha</i>
10.		<i>Katu</i>	<i>Katu</i>	<i>Sheet</i>	<i>Shwas, Kasa, Arsha, Mutrakruchha</i>
11.	<i>Tejpatra</i>	<i>Madhur</i>	<i>Katu</i>	<i>Ushna</i>	<i>Arsha, Aruchi, Peenas, Hrillas</i>
12.	<i>Nagkeshar</i>	<i>Kashay, Tikta</i>	<i>Katu</i>	<i>Ushna (Ishat)</i>	<i>Kushtha, Veerpa, Jwara, Kandu</i>
13.	<i>Chandana</i>	<i>Tikta</i>	<i>Katu</i>	<i>Sheet</i>	<i>Shram, Shosh, Visha, Trisha, Daha</i>
14.	<i>Dhattura</i>	<i>Kashay, Madhur, Tikta</i>	<i>Katu</i>	<i>Ushna</i>	<i>Varna, Jwara, Kushtha, Kandu, Krimi, Visha</i>
15.	<i>Haridra</i>	<i>Katu, tikta</i>	<i>Katu</i>	<i>Ushna</i>	<i>Varna, Twakdosha, Prameha, Shoth, Pandu, Vrana</i>
16.	<i>Jatiphala (Jatipatri)</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Krimi, Kaas, Vaman, Shwas, Shosh, Peenas, Hrudruja</i>
17.	<i>Jatamansi</i>	<i>Tikta, Kashaya, Madhur</i>	<i>Katu</i>	<i>Sheet</i>	<i>Daha, Veerarpa, Kushtha</i>
18.	<i>Kundururu</i>	<i>Madhur, Tikta, Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Twachya, Jwara, Mukhroga, Grahabadha</i>
19.	<i>Kumkuma</i>	<i>Katu, Tikta</i>	<i>Katu</i>	<i>Ushna</i>	<i>Shiroroga, Vyanga, Varnya, Vrana, Krimi</i>
20.	<i>Kamala</i>	<i>Madhur</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Varnya, Trushna, Daha, Visphot, Visha, Visarpa</i>
21.	<i>Kshirivruksha</i>	<i>Kashaya</i>	<i>Katu</i>	<i>Sheet</i>	<i>Varnya, Yoniroga, Vrana, Medoghna, Visarpa, Shoth, Asthibhagna</i>
22.	<i>Khadira (Shweta)</i>	<i>Tikta, Kashay</i>	<i>Katu</i>	<i>Sheet</i>	<i>Varnya, Mukharoga</i>
23.	<i>Laksha</i>	<i>Kashaya</i>	<i>Katu</i>	<i>Anushna</i>	<i>Varnya, Balya, Hikka, kasa, Jwara, Vrana, Kshata, Veerarpa, Krimi, Kushtha</i>

24.	<i>Manjishtha</i>	<i>Madhur, Tikta, Kashya</i>	<i>Katu</i>	<i>Ushna</i>	<i>Swaravranakruta, Visha, Shoth, Yonishula, Karnashula, Akshishula, Raktaatisar, Kustha, Visarpa, Vrana, Pramehanuta</i>
25.	<i>Nakha</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Shukral, Varnya, Varn, Visha</i>
26.	<i>Parpati</i>	<i>Kashay, Katu</i>	<i>Katu</i>	<i>Sheet</i>	<i>Varnya, Visha, Vrana, Kandu, Kushthaghna</i>
27.	<i>Rasona</i>	<i>Katu, Madhur</i>	<i>Katu</i>	<i>Ushna</i>	<i>Bhagnasandhankar, Kanthya, Balavarnakara, Medhya, Netrya, Rasayan</i>
28.	<i>Shankhapushpi</i>	<i>Kashaya</i>	<i>Katu</i>	<i>Ushna</i>	<i>Rasayani, Smruti, Kantiprada, Balya</i>
29.	<i>Shatapatri</i>	<i>Katu, tikta</i>	<i>Katu</i>	<i>Sheet</i>	<i>Varnya, Tridoshaastrajeet</i>
30.	<i>Varahikanda</i>	<i>Madhur, Tikta</i>	<i>Katu</i>	<i>Ushna</i>	<i>Swarya, Rasayani, Kushtha, Krumi, Prameha</i>
31.	<i>Vidarikanda</i>	<i>Madhur</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Swarya, Mutrala, Balya, Varnya, Rasaya</i>
32.	<i>Vruddhadarunaka</i>	<i>Kashay, Katu, Tikta</i>	<i>Katu</i>	<i>Ushna</i>	<i>Medha, Agni Swara, Rasayan, Kantikar</i>
33.	<i>Vijayasara</i>	<i>Kashaya, Tikta</i>	<i>Katu</i>	<i>Sheet</i>	<i>Twachya, Keshya, rasayan</i>
34.	<i>Yashtimadhu</i>	<i>Madhur</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Keshya, Swarya, Chakshushya, Balya, Varnya</i>

Review and observation from Modern literature

1. An in vitro study showed significant reduction in the expression of ornithine decarboxylase, a key enzyme in the promotion stage of 2-stage skin cancer, in the plant-treated group was also observed. These findings suggest the chemopreventive activity of flavonoids from *S asoca* on 2-stage skin carcinogenesis.^[4]
2. Aqueous extract of *F. racemosa* was found to have greater wound healing activity in terms of breaking strength in incision model and percentage wound contraction, period of epithelialization in excision model than that of other groups.^[5]
3. Turmeric (*Curcuma longa*) shows maximum potential inhibition of tyrosine activity.^[6]
4. *Glycerrhiza glabra* improves complexion and skin texture if used with *madhu*.^[7]
5. Dry extract from stigmata of *Crocus sativus* having complexion property was observed due to crocin and crocetin present in saffron.^[8]
6. Methanolic extract has shown remarkable 44.40% tyrosinase inhibitory activity as compared to Aqueous extract of *Acacia catechu* exhibiting only 12.78%, this shows its skin lightening property.^[9]

DISCUSSION

Mode of Action of *Varnya Dravya* according to *Ayurveda*^[10]

When there is use of *Varnya dravyas* externally or internally it acts on *Bhrajak pitta*. *Bhrajak pitta* is leading important responsible factor related with *Varna* (complexion) i.e, manifestation of Skin colour of *Avbhasinitwacha*.

Varnya dravyas acts on *bhrajak pitta* and also having action of *Raktaprasadan, Ojoprasadan*.

Commonly *Madhur rasatamak dravyas* are helps to increase production of *rasa, rakta, majja, shukra, oja* which acts on *varna*.

Kashay rasatamak dravyas are helps in absorption of *kleda* and *raktashodhan* it leads to *varna prasadan* as for example *Kamala, Laksha*.

Teekshna, ushna gunatmak dravyas acts on *pitta (bhrajak pitta)* and *raktavardhana* helps to improve *varna* (complexion).

Probable Mode of Action of *Varnya Dravya* according to modern^[9]

As per Modern review on *Varnya dravyas* interfere in melanogenesis pathway through tyrosinase inhibition, this shows their potential action as good skin whitening agents improves skin complexion.

CONCLUSION

These above *bhavprakash nighantuokta varnya dravyas* may help as detoxification of blood and natural cosmetic.

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